

Auditory Processing Strategies

For auditory memory of words, sentences, and directions:

Rehearsal

When given a list of words, numbers, or directions, rehearsal is the strategy when you repeat the entire list in sequence in your mind or aloud.

Chunking

We use chunking everyday to retain lists of information when we recite a phone number. Phone numbers are chunked into our minds in three different segments so that it is easier to remember (e.g. 212-555-4444). We can apply the same technique to remembering sentences and lists by clustering them into smaller segments as they are heard.

Visualization

Picturing yourself performing different directions in sequence, or picturing a list of objects and where you would find them helps to retain auditory information.

Association

The strategy of association pairs objects that are related to each other. You can create connections and similarities between the objects so you remember each of them. You can even apply this strategy when things are completely UNRELATED, as long as you find a silly way to make them go together in your mind is all that matters!